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# Bangalore Mirror

TEMP Max 32 | Min 19 | Humidity 69% Mainly Clear sky Sensex 74,340 | Nifty 22,544 | Gold | 7.11 | Euro 93.66 | GBP 112.33

CITY PAGE 2

**HSRP reminder...** Deadlines come and go, but as of now just 29% of all vehicles in the state have managed to get high-security registration plates fitted

**Hole in your pocket** Bengalureans brace for rising costs as after BMTC bus and Metro fare hike, auto drivers too seek revision and milk prices set to increase

CITY PAGE 4

# Civic activists call for better planning and design after metal railings installed on Old Airport Road turn symbolic of all that is wrong with city's infrastructure development

KAUSHIK JN

## Aesthetically unappealing and with gaps that allow pedestrians to get through easily defeat its purpose

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Bengaluru Traffic Police have installed metal railings on the median of Old Airport Road to prevent pedestrians from jaywalking and putting themselves at the risk of road accidents. But civic activists and experts have called out the lack of planning as these railings are proving to be of no use at all.

Due to the gaps in between the frames of the railing, pedestrians continue to cross the road easily from these spaces.

Activists and pedestrians said though the traffic police deserve appreciation for installing the railings in the first place, the purpose is not served due to the negligence of the contractor and the authorities. They said the purpose of installing metal railings is not served due to the gaps between the frames of metal railings.

A few civic activists also questioned the aesthetics of the design.

The old barrier was designed well and beautiful, but the new metal railings look like jail blocks, Vinod Jacob of Namma Bengaluru Foundation said. He wondered why the traffic police couldn't have used the same design instead of changing even basic aesthetics. "This new one is an eyesore with no simple aesthetics in design either. Skywalks should be planned and executed at junctions or bus stops for pedestrians to use it and lifts

CONTINUED ON PAGE 4 »

> **"The skywalks are poorly planned, often located at points that are inconvenient or inaccessible to pedestrians. It is clear that the end-user was not considered in the design process**
>
> —Poornima Shetty, Founder of Safety for Women

# UNEASY MIND

## Recent suicide attempt at IISc campus puts focus once again on need to build stronger wellness initiatives on campuses

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The recent suicide attempt by a student at the Indian Institute of Science (IISc) has sparked widespread concern over the effectiveness of the institution's student wellness initiatives. Despite having a wellness centre, counselling services, and an emergency response team, students claim these facilities are largely ineffective. It is also alleged that in the recent case IISc's emergency team took hours to arrive at the spot. This has intensified students' frustration.

According to students who spoke to BM anonymously, the pressure of academics, lack of mental health support, and an indifferent administration have contributed to a stressful environment. "Every year, at least one student dies by suicide, and many more attempt it. Yet, the administration treats it as just another incident," a student alleged.

While IISc has a designated

CONTINUED ON PAGE 8 »

## THINGS TO DO

### 01 Cultural creativity

As part of Sangamam, created out of passion by The Shibulal Family Philanthropic Initiatives (SFPI) to promote Indian classical music, dance and folk art forms, for an audience looking to reconnect with their cultural roots, Taamara Dance Company, led by Shruthi KP, is presenting 'Prana: The Flow That Sustains', a unique exploration of movement, growth, and collaboration. **Where: Prestige Centre for Performing Arts, Konanakunte; When: March 7, 6.30 pm**

### 02 Musical celebration

Social is bringing a celebration for 12 years of 'Drum and Bass India' and the 3rd Anniversary of '#BangaloreMassive!', with 20+ artists, pop-ups, and more. **Where: Social, Indiranagar; When: March 7, 7 pm**

### 03 Femme fiesta

Watson's is set to host a Women's Day celebration, dedicated to honoring and celebrating the spirit of womanhood with music, entertainment, and exciting perks for all ladies attending. Renowned artist Anita Rajkumari will be offering complimentary glitter makeup. **Where: Watson's, Indiranagar; When: March 8, 9 pm**

### 04 Pen game

Zilka Joseph, a creative writing coach, is organising 'What's Food Got to Do With It', a food writing workshop, which will explore ways in which writing about food can be approached, and how food, the senses, and memory, are inextricably linked. It will involve a guided exercise, experiments with prompts to generate new work, and discussion of techniques. **Where: Atta Galatta, Indiranagar; When: March 7, 7 pm**

### 05 Toddler theatre

Ranga Shankara's AHA! Production is presenting 'Ee Gida, Aa Mara', which translates to 'This Plant, That Tree'. The play explores the two, and magnifies the microenvironments they house through movement, visuals and sound. **Where: Ranga Shankara, JP Nagar; When: March 9, 11 am and 3.30 pm**

# Just 29% have got on the HSRP bandwagon

## Bengaluru Urban leads with highest number of vehicles in state, with nearly 43% motorists getting new plates fixed

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Due to multiple petitions, the government has extended deadline for HSRP installation to March 31

Despite multiple deadlines, only 29% of vehicles in the state have been affixed with High-Security Registration Plates (HSRPs). While recently sharing the data pertaining to HSRPs, Transport Minister N Ramalinga Reddy in the Legislative Council said that as of February 28, 2025, approximately 2.45 crore vehicles were registered in Karnataka before April 2019, with nearly 2 crore vehicles currently in operation. "Out of the 58,12,207 applications received for HSRP installation, 57,20,550 vehicles have successfully fitted the high-security plates. This means that about 29% of the vehicles in the state have complied with the mandate so far," he said.

He noted that the Karnataka government has extended the deadline for HSRP installation on vehicles across the state, to March 31, 2025. This decision comes as the Karnataka High Court is hearing multiple petitions regarding the implementation of HSRPs, with the next hearing scheduled for March 2025.

### District-wise HSRP installation figures

Bengaluru Urban leads with the highest number of vehicles fitted with HSRP at 24,77,653, followed by Mysuru (4,07,830), Dakshina Kannada (2,76,014), Belagavi (2,61,807), and Shivamogga (2,06,812). Other notable districts include Dharwad (1,49,084), Tumakuru (1,84,318), and Udupi (1,31,713). Some of the districts lower compliance include Yadgir (19,896), Hosapete (27,499), and Bidar (36,545).

### Extension of HSRP installation deadline

Reddy pointed out that the initial deadline for HSRP installation was set for January 31, 2025, but considering the pending court cases, the government has now extended it to March 31, 2025. "The official notification includes multiple deadline extensions issued over time, with the latest update allowing vehicle owners additional time to comply," the minister said.

### Penalties for non-compliance

As per government notification no. 3 250 3 2019, dated September 21, 2019, failure to install HSRP will attract fines under Section 177 of the Motor Vehicles Act. The penalty for the first offense is ₹500, while repeat offenses will result in a fine of ₹1,000 each time. Reddy said that the High Court is currently reviewing petitions challenging the HSRP mandate. Due to ongoing legal proceedings, a status quo has been maintained, preventing further enforcement until the next hearing in March 2025. "Vehicle owners across Karnataka are advised to install HSRP plates before the new deadline to avoid penalties, and comply with government regulations," Reddy added.

# Educationist and ex-MLC Doreswamy passes away

Eminent educationist and founder of PES Educational Institutions, Prof MR Doreswamy Naidu (89), passed away at his residence in Banashankari on Thursday afternoon due to age-related ailments. He is survived by his wife Radha Manohari, son Jawahar, CEO of PES University, and daughter Dr Roopam, Director of PES Medical College.

His mortal remains will be kept for public viewing at his residence from 7.30 am on Friday, and the last rites will be performed with state honours at the Rudrabhoomi in Banashankari in the afternoon, family sources said.

Prof Doreswamy, who also served as a member of the Legislative Council, was a key advisor to the Karnataka government on education reforms. He spearheaded initiatives to improve government schools, including a school adoption scheme and modernisation efforts in North Karnataka through PES University. The state government had honoured him with the Rajyotsava Award.

Deputy Chief Minister DK Shivakumar, BJP state president BY Vijayendra, and former Chief Minister BS Yediyurappa expressed condolences. Shivakumar visited the Banashankari residence, offering floral tributes and paying respects to the bereaved family. Several dignitaries, including MLA Krishnappa, also paid homage. **— BMB**

# Wushu team brings home gold

A 14-member team from Bengaluru won 30 medals at the 20th Hong Kong International Wushu Championship. The team from Shaolin Wushu Cultural Center, Jayaprakash Nagar (JP Nagar), won 23 gold medals, along with four silver and three bronze medals, at the competition held between February 28 and March 3.

The event saw participation from over 900 people, representing more than 30 countries. Keerthi BS Prasad, coach, Shaolin Wushu Cultural Centre, said that the team was headed by star athlete Kusuma N. "Being a mother of one child, Kusuma won 3 gold medals in the bare hand and weapons category. I am very happy with the performance of the team," said the coach. Keerthi Prasad also participated in the competition and won three gold medals. Bangalore Mirror published a story 'Wushu champs of Bengaluru go for gold' on August 21, 2023, highlighting how a 12-member team from Shaolin Wushu Cultural Centre won 29 medals at the 15th Hong Kong International Wushu Competition held between August 14 and 18, 2023. **— Y Maheswara Reddy**

# Celebrate Women's Day with Sudha Murty

The Federation of Indian Chamber of Commerce and Industry, Women's Wing (FICCI FLO), Bangalore Chapter, will honour Padma Bhushan awardee and Rajya Sabha MP Sudha Murty in a special ceremony on March 7, commemorating International Women's Day. The event, set to take place at Prestige Falcon Towers, will feature a discussion on the multifaceted roles of women, drawing insights from Sudha Murty's latest book, The Circle of Life.

A celebrated author, philanthropist, and social activist, Sudha Murty will share her perspectives on women's empowerment and societal progress. The discussion will be moderated by Sharmila Ravinder Dhareshwar, founder of Earthen Wellness, and will explore key themes such as education, gender roles, and financial independence for women. The event will also mark the achievements of FLO's Tally for Tomorrow initiative, which has empowered 90 first-generation and physically challenged students across three colleges in Bengaluru, with financial and accounting skills.

"One of the most inspiring aspects will be when Sudha personally awards diplomas to these young women, certifying their successful completion of the Tally course," said moderator Sharmila Ravinder Dhareshwar. She emphasized that the program aims to equip students with essential business skills and improve career opportunities, thereby bridging employment gaps. **— Sandra S**

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# Cost of living to go up, up & away

## Close on the heels of hike in BMTC bus and Metro fares, auto drivers too demand correction of their prices; decision on whether milk will cost more also looms

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Bengaluru residents, already struggling with rising inflation, may soon face an additional financial burden as the cost of essential services like auto travel and milk is likely to increase. Following recent hikes in Bangalore Metropolitan Transport Corporation (BMTC) and Metro fares, auto drivers have demanded a fare revision, citing rising fuel prices. Simultaneously, the state government is considering a price hike for Nandini milk, further adding to household expenses.

Auto drivers are requesting that the base fare be increased to ₹ 36 and the per-kilometre fare to ₹18

### Auto fares likely to increase

After the recent fare hikes for BMTC buses and Namma Metro, auto drivers have now urged the district administration to revise auto fares, citing rising fuel costs and living expenses. This demand may soon lead to an increase in auto fares across Bengaluru. A government-appointed committee has scheduled a meeting on March 12 at 11 am at the Traffic East Division DCP's office. Representatives from all auto-rickshaw unions in Bengaluru have been asked to attend the meeting, where the final decision on fare revision will be discussed. Currently, the minimum auto fare is ₹30, and the rate per kilometre is ₹15.

Auto drivers have proposed to increase the base fare to ₹36 and the per-kilometre fare to ₹18. The final decision on the extent of the fare hike will be taken during the upcoming meeting. With bus and metro fares already increased, the cost of essential goods has also gone up. Additionally, the prices of petrol, diesel, and LPG have surged, making it difficult for auto drivers to sustain operations at the existing fare structure. Many drivers argue that a fare revision is now unavoidable.

> **"Prices of fuel has gone up, along with cost of daily essentials. But auto fares have remained unchanged for 3 years**
> – Manjunath, auto drivers' union

Speaking on the issue, Manjunath, President of the Bengaluru Auto Drivers' Association, stated, "The prices of petrol, diesel, and gas have gone up significantly, along with the cost of daily essentials. Auto fares have remained unchanged for the last three years, leading to heavy losses for drivers. Hence, we have no choice but to demand a fare hike."

### Nandini milk price hike likely

The price of Nandini milk is set to increase, with a final decision expected soon. Animal Husbandry Minister Venkatesh, addressing the Legislative Council, confirmed that one round of discussions on the price revision has already been conducted. A second round of talks with the Chief Minister is scheduled, after which a decision will be made. In response to a question by MLCs Umashree, DR MG Mule, and Hemalatha Nayak, the minister stated that a pending incentive payment of ₹656 crore to dairy farmers will be disbursed at the earliest.

### Farmers demand ₹10 per litre hike

Dairy farmers have been demanding a price hike of ₹10 per litre, citing increased production costs. However, the government has not yet approved the hike. The minister assured that any price revision would take into account both the farmers' demands and consumer interests before making a final decision.

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### Forgotten road

**Horamavu**

**The concrete road on 1st Cross, Water Tank Road, Horamavu, was damaged due to BWSSB work. While other roads have been repaired, this one remains neglected by BBMP, causing inconvenience to residents, including senior citizens.**

### Waste zone

**BM Kaval**

**Dry tree leaves dumped on 1st Cross, BM Kaval, HAL, have not been cleared despite multiple requests. The spot has now turned into a garbage dumping area.**

# Bird flu precautionary measures enforced

## BBMP instructs officials to intensify surveillance and preventive action across all zones

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With bird flu cases being reported in various districts, Bruhat Bengaluru Mahanagara Palike (BBMP) Special Commissioner for Health, Suralkar Vikas Kishore, has directed officials to implement necessary measures to prevent its spread within the city.

Chairing a meeting on bird flu preparedness, he instructed officials to intensify surveillance and preventive actions across all BBMP zones. Given the highly contagious nature of avian influenza (H5N1), which primarily affects birds like turkeys, ducks, guinea fowls, and baya weavers, he stressed the importance of raising public awareness and enforcing precautionary measures.

### Preventive measures and public advisory

To curb the spread of bird flu, citizens were urged to exercise caution, particularly in affected areas. Avoiding contact with suspected infected birds and refraining from visiting poultry farms were among the key advisories issued. Those who come in contact with potentially infected areas must wash their hands, feet, and face thoroughly with soap, change clothes, and monitor their health for four days. In case of fever, immediate medical consultation is advised.

Additionally, he emphasized safe food consumption practices, advising that chicken and eggs should only be consumed after being cooked at temperatures above 70°C. Officials were directed to create awareness about avoiding the consumption of raw or undercooked eggs from affected areas.

### Survey and surveillance intensified

To detect and control bird flu cases, the BBMP's animal husbandry officers, primary health protection teams, ASHA workers, doctors from Namma Clinics, and staff from city primary health centres have been tasked with conducting a city-wide survey to monitor cases and identify potential outbreaks.

**DOCUMENT LOST**

I, Thayappa.N S/o Narayanappa residing at No.224, Chikkajala village, Jala hobli, Yelahanka taluk, stating that, I have lost original sale (Document No.952/1967-68 and 3202/1970-71 and 760/1976-77) deed of my property at near Decathlon, near I cafe road on 05.03.2025 to 06.03.2025. In this regard, i have filed a complaint (L.R.No.1508158/2025) to Bangalore rural police on 06.03.2025. If anyone finds the said document, please contact the above address or Mobile No.9108003388.

# What is this railing for?

CONTINUED FROM PAGE 1

working during peak hours and the whole day. Steps should be simple and easy to climb for all people young and old to use them. I think the new metal railings will be used for advertising purposes rather than public utility to serve the purpose it is erected for," he said. He said pedestrians are forced to walk on the road in traffic due to the misplaced skywalks. Emphasising on the need to have skywalks at right locations for the right purpose, he said that existing skywalks are wrongly designed and placed in the wrong places. "Pedestrians are walking on the road when vehicles are plying thus risking their lives," he said.

Expressing concern over pedestrians crossing the road despite installation of the metal railing on the median, Poornima Shetty, Founder of Safety for Women, said the newly installed barricades are a disappointing example of infrastructure development. "These railings are not only an eyesore but also fail to serve the purpose of ensuring pedestrian safety due to gaping holes that allow pedestrians to cross the road. Furthermore, the skywalks are poorly planned, often located at points that are inconvenient or inaccessible to pedestrians. It is clear that the end-user was not considered in the design process, highlighting the need for a more people-centric approach to urban planning," she said. Jeevan Bhima Nagar Traffic Police Inspector told BM that measures would be taken to fill up the gaps between the metal railings to prevent pedestrians from walking on to the road.

### Branched out

**Jayanagar**

**Overgrown tree branches at 150, Byrasandra Main Road, Jayanagar 1st Block, are damaging buildings. The forest department has not taken any action.**

# Taste to dye for? Fried green peas fail the colour test

## Food safety crackdown reveals 64 out of 114 tested samples contained unauthorised dye; officials plan further action as testing continues

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In a significant crackdown on food adulteration, the Karnataka Food Safety and Drug Administration Department (FDA) has discovered that 64 out of 114 samples of fried green peas tested across the state contained the unauthorised artificial dye, Tartrazine, rendering them unsafe for consumption.

Probe began after viral videos alleged artifical colours in fried green peas

### Investigation initiated following social media reports

The investigation commenced after videos circulated on social media platforms alleging the use of artificial colours in fried green peas. Responding to these concerns, the FDA, under directives from the Chief Minister's Office, instructed food safety officers on February 14 to collect samples from various locations statewide. Initially, 70 samples were gathered and sent to government food laboratories for testing. Subsequently, an additional 114 samples were collected, totalling 184 samples.

Out of the 95 samples analysed thus far, 32 were deemed safe, while 64 tested positive for Tartrazine. The remaining samples are still undergoing testing.

BangaloreMirror
Too green to be true? Fried peas may be in a soup

BM had reported on Feb 26 about snack being in FDA radar

### What is Tartrazine

Also known as FD&C Yellow No 5, Tartrazine is a synthetic lemon yellow azo dye commonly used to colour food, beverages, cosmetics, and medications. While it is approved for use in certain food items, its application is subject to strict regulations due to potential health concerns. Some studies have linked Tartrazine to allergic reactions, such as asthma and hives, and behavioural effects in children, including hyperactivity. Consequently, many countries mandate explicit labelling of this dye in food products, allowing consumers to make informed choices.

### Consumer awareness

The detection of Tartrazine in fried green peas is particularly concerning because its use in such products is not approved. This unauthorised application not only violates food safety regulations but also poses health risks to consumers. The FDA's findings highlight the necessity for vigilant enforcement of food safety standards and increased awareness among consumers regarding food additives. Officials have stated that further legal action will be taken based on the final laboratory reports.

Consumers are advised to exercise caution when purchasing fried green peas and other food items that appear unnaturally vibrant, as this may indicate the presence of unauthorised artificial colours. It is recommended to buy products from reputable vendors.

## Police accused in suicide case

A man from Kamakshipalya, died by suicide, allegedly due to police harassment. The deceased, identified as Mahadevaiah, was granted bail in a civil case related to site document forgey and had been attending police interrogations as per legal requirements. His family claims that he was repeatedly summoned to the police station and harassed by Rajagopalnagar police. They allege that he was pressured to register the disputed site under someone else's name. Unable to bear the alleged harassment, Mahadevaiah took his life.

## Start-up founder dies by suicide

A 31-year-old start-up founder ended life after jumping from his apartment on Tuesday under the Parappana Agrahara police station limits.

The deceased have been identified as Mayank Rajani, hailing from Uttar Pradesh. The police stated that he faced loss in his start-up and also was suffering from health issues.

On Tuesday he jumped from the 12 floor which a delivery boy noticed and alerted the security guard who promptly alerted the police.

CRIME FILES

## Hotel manager attacks employee

A hotel manager allegedly attacked his employee in RT Nagar, with a mutton-cutting machete over a dispute about a bottle of soft drink.

The incident took place when an argument broke out between the accused, Shahzad Ali, and the victim, Gurumurthy. According to police officials, tensions had been brewing between the two due to prior conflicts. During the heated exchange on Monday, Shahzad, in a fit of rage, grabbed a machete used for cutting meat and attacked Gurumurthy, leaving him bleeding. Gurumurthy managed to reach the local police station and file a complaint before being admitted to a private hospital.

## Thieves steal 830kg hair

A gang of six miscreants targeted a godown in Lakshmipura Cross and made away with an unusual loot—830 kg of human hair, valued at nearly 1 crore.

The brazen heist took place past midnight on February 28, when the gang arrived in a Mahindra Bolero. Using iron rods, they broke open the shutter of the basement godown and methodically hauled out 27 large bags filled with hair. The godown belonged to 73-year-old Venkataswamy K, a seasoned hair trader who had recently relocated his storage facility from Hebbal to Lakshmipura Cross on February 12.

The police have launched a manhunt for the thieves, investigating potential buyers and tracking the gang's movements.

# BM Food & Night Life

Advertorial Promotional Feature

## Boost flavour without extra salt intake

Salty foods are easy to overeat, making your diet plans go for a toss. Eating more salt can also cause your body to retain more water, which can contribute to extra kilos. If you're looking to add a dose of healthy flavour, and nothing else, to your food, here are some ingredients.

**Lemon juice:** A dash of lemon juice can bring alive any dish. Add to salads, marinades, sauces, soups, and more. Spritz some into plain water and hydrate yourself the healthy way. Lemon and lime zest can also be added to cakes, tarts, and cookies.

**Vinegar:** Balsamic vinegar is the most popular type of vinegar that works well as a dressing or dip and can also be used in sauces and marinades. This vinegar is both sweet and sour, so works well with a variety of foods.

**Ginger:** Add a hot zing to both savoury as well as sweet foods with ginger. Add fresh ginger juice to teas, smoothies, and juices for flavour while you cut back on sugar. Fresh ginger juice and chopped or minced ginger can also be added to jams, cakes, muffins, and cookies. Add a dash of ginger juice to your vinaigrette or marinade, or add ginger juliennes to stir-fry vegetables.

– Femina

# Metro revises orange line expansion plan

## BMRCL weighs shifting Orange Line interchange to Goraguntepalya, citing smoother operations & cost efficiency, but land acquisition from Defence Department remains hurdle

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Bengaluru metro expands, route revisions underway

Even as soil testing work progresses for the Orange Line, a key question remains: where will the interchange station be located? Initially, Peenya Metro station was announced as the interchange point. However, the Bangalore Metro Rail Corporation Limited (BMRCL) is currently reviewing modifications to the Detailed Project Report (DPR) for the Orange Line expansion from Kempapura to JP Nagar 4th Phase.

According to sources, the proposed interchange station at Peenya may be shifted to Goraguntepalya Signal on Outer Ring Road. This relocation would reduce the corridor's length by approximately 300 metres. Additionally, the proposed double-decker flyover at Goraguntepalya Junction is expected to ease traffic congestion. BMRCL estimates that shifting the station would minimise curves along the route, allowing for smoother and faster metro movement while also reducing project costs.

### New pedestrian connectivity

A BMRCL official stated that the original plan included interchange stations at JP Nagar, Mysore Road, Sumanahalli, and Peenya. However, due to the need for an elevated station at Peenya, relocating it to Goraguntepalya is under consideration to streamline the route and cut costs. To improve commuter convenience, pedestrian skywalks will be constructed to link the newly proposed station at Goraguntepalya with the existing Peenya and Goraguntepalya metro stations. As these stations are around 500 metres apart, additional measures are being explored to facilitate pedestrian movement.

**Pedestrian skywalks will connect new Goraguntepalya station with Peenya and Goraguntepalya metro stations, 500m apart**

### Land acquisition challenges

One major challenge in implementing this new plan is acquiring land from the Defence Department. Approvals from the Defence Ministry have historically been time-consuming, with similar delays encountered during the construction of the Blue Line.

The state government has approved the Phase 3 expansion plan, which includes two corridors: Kempapura to JP Nagar 4th Phase and Hosahalli to Kadabagere, spanning 12.52 km. To facilitate construction, BMRCL has already begun acquiring land. For Corridor 1, 26,811 square metres have been acquired, while an additional 1,29,743 square metres, including 777 private properties, have been identified. The project is estimated to cost Rs 15,611 crore, with Rs 7,577 crore funded through loans and Rs 450 crore sourced from various revenue streams.

## State funds 75% Ayushman costs

Health Minister Dinesh Gundu Rao said the Karnataka government is funding 75% of the expenses under the Ayushman Bharat scheme, and if treatment costs are revised, this share could rise to 90%.

Responding to a question by MLA Vedavyas Kamath, he explained that, as per central policies, the Centre should contribute 60% while the state covers 40%. However, in Karnataka, the state already bears 75% of the burden, with the Centre contributing only 25%. Since treatment costs under the scheme have not been revised since 2018, an increase would push the state's share to 90%, leaving just 10% for the Centre.Gundu Rao urged BJP leaders to exert pressure on the Central BJP government to revise treatment costs, stressing that Karnataka is already making efforts in this regard. **–BMB**

## Multiplex ticket pricing plan

The Karnataka government will soon implement uniform ticket pricing across all multiplex cinemas in the state, Home Minister Dr G Parameshwara assured during the Legislative Council session.

Responding to a question by MLC Govindaraj, he recalled that the 2017-18 state budget had proposed uniform pricing, leading to a government order on May 11, 2018. However, the order was later withdrawn due to a court injunction. At present, multiplex owners set their own ticket prices, treating cinemas as commercial enterprises.

Parameshwara emphasised that the government has the authority to regulate pricing and assured that necessary rules will be framed to enforce uniform rates soon. **–BMB**

# Panel lists 8 reasons to split BBMP

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In a significant move to improve civic administration, urban infrastructure, and governance in the state capital, a joint legislative committee has recommended splitting the Bruhat Bengaluru Mahanagara Palike (BBMP) into a maximum of seven independent municipal corporations. To ensure better coordination between various civic agencies like BWSSB and BESCOM, the committee has also proposed creating a "Greater Bengaluru Administrative Authority" under the chairmanship of the Chief Minister.

The committee's report, submitted in the Assembly on Wednesday by Chairman and MLA Rizwan Arshad, aligns with the government's long-term vision of decentralising BBMP's administration for greater efficiency and transparency. The report, which was handed over to Speaker UT Khader last week, recommends introducing the "Greater Bengaluru Administration Bill - 2024" in the ongoing legislative session.

Key recommendations in the report:

### Population growth

Since BBMP's formation in 2008, Bengaluru's population has surged from 70 lakh to 1.5 crore, and the number of vehicles has crossed 1 crore. Managing a city spread over 786 sq km under a single Mayor and Commissioner has become increasingly challenging.

Proposed authority to coordinate BDA, BMRDA, BWSSB, and BESCOM

### Corruption and Governance issues

The BBMP has been plagued by allegations of large-scale corruption and lack of transparency, prompting the need for decentralisation.

### Proposed municipal corporations

While the final decision rests with the government, the committee has suggested creating up to seven municipal corporations to manage different parts of the city.

### Implementation plan

Each Assembly constituency should have a local planning and coordination committee led by the respective MLA, comprising MLCs and BBMP corporators, with a dedicated development fund allocated based on population.

### Eligibility for civic elections

Candidates contesting municipal elections must be residents of the ward they represent, and those who relocate after winning could lose their membership.

### Formation of GBAA

The proposed Greater Bengaluru Administrative Authority (GBAA) would encompass agencies like BDA, BMRDA, BWSSB, and BESCOM. The Chief Minister would serve as Chairman, with the Bengaluru Development Minister as Vice-Chairman, functioning as an advisory and policy-implementing body without taxation powers.

### Structural reforms in municipal governance

Each municipal corporation should have 100 to 200 wards to ensure efficient governance while maintaining Bengaluru's brand identity. To enhance administrative stability, the Mayor's term should be extended to 30 months.

### Financial autonomy for municipalities

Local bodies should be empowered to levy waste management charges and impose taxes on new construction projects and entertainment activities. Property tax dues must be cleared within two years.

## Govt boosts cyber crime vigilance

The Karnataka government is taking proactive measures to prevent incidents that could disrupt law and order by gathering intelligence and maintaining strict vigilance, Home Minister Dr G Parameshwara stated.

During the Legislative Council session, he responded to a query from MLC SL Bhojegowda emphasising that any individual found engaging in such activities as wielding knives, swords, or other weapons in public and disturbing social harmony would be arrested immediately and face strict legal action. Those spreading fake news on social media to incite riots will also face legal consequences, with cases registered suo motu.

To strengthen policing, the beat system has been introduced in police stations, and officers are monitoring criminal activities. Additionally, Hoysala and Cheetah vehicles have been deployed in urban areas for quick emergency responses. **–BMB**

## Lokayukta raids on govt officials

The Karnataka Lokayukta Police conducted search operations across multiple districts on Thursday, in connection with disproportionate assets (DA) cases against eight government officers. The searches spanned more than 40 locations, including residences, offices, and relatives' homes of the accused officials in Bengaluru, Kolar, Kalaburagi, Davanagere, Tumakuru, Bagalkot, and Vijayapura.
Investigators uncovered assets worth Rs 365.3 crore, including cash, jewelry, vehicles, and property. Among the accused, TD Nanjundappa, Chief Engineer at the Panchayath Raj Engineering Department, was found in possession of assets worth Rs 84.62 crore, the highest among the eight officials. Following him was HB Kalleshappa, Executive Engineer at BBMP, with assets worth Rs 65.05 crore and G Nagaraj, an Assistant Executive Engineer at BESCOM, with Rs 21.88 crore in assets.

## Cash in the bin, murky deals & more

A surprise inspection was conducted on Thursday at 25 sub-registrar offices across Bengaluru Urban, Bengaluru Rural, and Ramanagara districts, revealing several irregularities and repeated lapses. A team comprising police and judicial officials conducted the inspection, citing violations such as improper maintenance of attendance records, movement logs, inspection reports, and cash declaration registers. In Dasanpur Sub-Registrar Office, Rs. 20,000 was found wrapped in a kerchief inside a cardboard dustbin. A clerk's UPI account showed daily monetary transactions, allegedly for Encumbrance Certificate payments. In Devanahalli, Rs. 20,000 with a second-grade assistant was unaccounted for. A person also fled the premises, abandoning a bag containing a diary listing village names and payment details.

# Blackmailed into smuggling?

### Ranya case gets murkier: DRI links her to organised network; trying to figure out who coerced her

Sandalwood actress Ranya Rao has been arrested in connection with a gold smuggling case, with investigations by the Directorate of Revenue Intelligence (DRI) linking her to an organised smuggling network.

DRI officials from Delhi, currently stationed in Bengaluru, have intensified their probe after detaining Ranya at Kempegowda International Airport on Monday night. Sources revealed that the actress claimed she was blackmailed into transporting gold and did so out of necessity. Authorities are now investigating who coerced her and the individuals involved in the smuggling operation. A police constable who allegedly assisted her in evading security checks has also been detained.

According to officials, Ranya is the stepdaughter of Karnataka State Police Housing Corporation DGP K Ramachandra Rao. Smuggling kingpins had allegedly planned to use her for gold transport a year ago, luring her with commissions. The network reportedly used Dubai-based middlemen to smuggle gold biscuits, which were later melted into jewelry and sold.

Sources stated that smugglers offered Rs 5-6 lakh per kg of gold transported. The smuggled gold was stored in a flat in Nandavani Mansion on Lavelle Road before being distributed. Authorities have seized Ranya's mobile phone and laptop to track those behind the operation. The DRI is expected to issue notices to Ranya's family, including her husband.

### FIR against actress for alleged Rs 6.50 lakh fraud

TV actress Vismaya Gowda has been booked for alleged fraud after taking a loan of Rs 6.50 lakh from a resident of Shakti Ganapati Nagar.
The complainant, Himanvi, stating that she met Vismaya on Instagram in 2019, where the actress also claimed to be a life coach. They became acquainted. In February 2024, citing financial difficulties, Vismaya requested financial help. According to the FIR, Himanvi lent her Rs 6.50 lakh and Vismaya issued her a post-dated cheque. But when Himanvi tried to encash it, bank officials informed her the cheque's signature did not match, suggesting intentional fraud. When confronted, Vismaya allegedly refused to return the money, and even issued threats.

## IN HIGH COURT

### Wrong or right? RTCs must make up their mind

The High Court has ruled that a Road Transport Corporation must maintain consistency in its stance regarding road accidents involving its drivers, whether before the Motor Accidents Claim Tribunal or during disciplinary proceedings. Justice Suraj Govindaraj stated, "If any accident occurs, in pursuance of which the Corporation were to initiate disciplinary proceedings against a driver, the Corporation cannot take a different stand in a claim proceeding filed in MVC matters." The court said as a government entity, the Corporation must act as a model litigant. It cannot simultaneously assert proper driving conduct whilst initiating proceedings for rash and negligent driving against the same driver. The case involved the Divisional Controller, NWKRTC, contesting a labour court order that had favoured driver Hussainsab by overturning his dismissal order.

### Negotiable Instruments case acquittal appeal

The High Court has determined that complainants in Negotiable Instruments Act cases can appeal acquittal orders through Sessions Court, eliminating the necessity to directly petition the high court. The court overturned a sessions court ruling that had deemed the complainant's appeal against an acquittal order inadmissible and had directed the complainant to approach the high court instead. Subsequently, the complainant challenged this dismissal in the high court. The Sessions Court's dismissal of complainant Thoman Mani's appeal was based on a previous high court single judge ruling, which distinguished between complainants under Section 142 of NI Act and victims under Section 2(wa) of CrPC. Justice S Rachaiah cited Section 378(4) of CrPC, which specifies that complainants may appeal to the High Court against acquittal orders in complaint-initiated cases, provided special leave is granted. "The word, the complainant may present such appeal to the High Court would indicate that the complainant need not file an appeal against acquittal to the High Court directly..." the court ruled.

## Life's an online gamble

- 'Rope in tech firms to combat illegal gambling sites'
- Big tech companies like Meta and Google must take stronger action against the rapidly growing illegal online gambling and betting market on their platforms in India, a report by the Digital India Foundation said on Thursday.
- How illegal gambling networks operate?
- Through digital advertisements, social media, messaging platforms, and even cryptocurrency-based payment systems
- Referral traffic from adult sites, sports-related websites, and streaming services generated 247.5 million visits to illegal gambling sites
- Messaging platforms like WhatsApp and Telegram play a major role in promoting these sites
- Influencers with millions of followers use "Channels" to broadcast gambling ads, reaching a massive audience instantly

**IT FIGURES**

- **1.6** billion visits recorded in three months (October to December 2024)
- **4** major platforms: Parimatch, Stake, 1xBet, and Battery Bet.
- Google search trends from 2021 to 2024 show a sharp rise in searches for betting sites like Dafabet, 1xBet, and Parimatch, especially during Indian Premier League (IPL) seasons.
- **42.8** million visits on social media through direct paid ads, influencer promotions, and engagement campaigns.

**SUGGESTIONS**

- Government's action of blocking websites and issuing advisories, has not worked as illegal operators constantly adapt their strategies to evade restrictions. The report suggested a more comprehensive approach, holding all key enablers, including tech platforms accountable while enforcing strict compliance measures.

**GLOBAL APPROACH**

- A European Union study in 2018 found that 19 out of 24 national regulators had established partnerships with Meta, X, and Google to take down such ads and lower the search rankings of gambling sites.
- In the US, the Unlawful Internet Gambling Enforcement Act (UIGEA) blocks financial transactions related to illegal online betting, focusing on payment processors rather than individual users. – IANS

# Students express frustration at lack of mental health help

CONTINUED FROM PAGE 1

wellness centre, students claim it is poorly staffed, lacks proactive outreach, and fails to provide the support needed. "If you need help, you're expected to find it yourself. There's no system in place to check on struggling students," another student said.

## Delayed response

In the latest case, the student reportedly attempted suicide due to academic stress. Eyewitnesses allege that despite the severity of the situation, staff members failed to take immediate action. The incident, which occurred at 12:40 pm, and it was only after hostel residents intervened, calmed him down, and forcibly placed him in an ambulance that he was taken to Ramaiah Hospital. However, upon reaching the hospital, he was allegedly left unattended to, without even being admitted, until his friends arrived later to check on him.

According to hostel residents, the student had isolated himself in his room for three days before the incident, during which they heard him shouting, crying, and laughing uncontrollably. Concerned students claim they informed the hostel office about his unusual behaviour, but no action was taken, nor was the wellness centre alerted.

The wellness centre eventually stepped in more than three hours after the incident, but instead of offering support, they allegedly attempted to attribute the student's condition to pre-existing mental health issues. His sister, however, refuted this claim, stating that his distress developed after joining IISc. Sources indicate that while he is now stable, he requires continued psychological, psychiatric support.

## Students demand accountability

Students allege that the administration has focused more on implementing restrictive measures, rather than addressing the root causes of student distress.

"The institute has taken measures like removing ceiling fans and installing high grills to prevent suicides, making the campus feel more like a prison. Yet, they refuse to tackle the root cause of the problem," a student stated.

Protesters are demanding that the administration take concrete steps to improve mental health support services, ensure that the student who attempted suicide faces no further difficulties, and reform the wellness centre to function as an actual support system.

Over the past five years, IISc has witnessed at least six such cases, raising concerns about whether prestigious institutions are failing to provide adequate support to their students. Despite mounting allegations and student protests, IISc has yet to release an official statement on the incident. Bangalore Mirror has reached out to IISc for their response and we shall be updating the story online on receipt of a response.

# Your Connect

## jobs

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## real estate

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**MERCEDES-BENZ** S class 350, Black Colour, 14 years old, 2nd owner, Good condition. Contact Owner; 98199 44191/ 022-40020800

## personal

### CHANGE OF NAME

**I,** PARAMITA DEY D/o PARIMAL DEY R/o S2, JANAJEEVA ENCLAVE 27TH CROSS, KAGGADASAPURA, C V RAMAN NAGAR, BENGALURU-560093. I have changed my name to PAROMITA DEY vide affidavit dated: 17/02/2025 Before Notary B M CHANDRASHEKAR Bangalore

**I,** SUBASH CHAND aged about 66years S/o Parasmull R/at No. 19/29-1, 1st Main, 2nd Cross, Jayamahal Extension, Benson Town, Bangalore- 560046, I have changed my name to SUBASH CHAND PARASMULL vide affidavit dated 3/10/2024, before notary Smt A. Manjula, Bangalore.

**I,** MAAHI Daughter of JAIPAL K MEHTA , BORN ON 08/01/2007, R/o MUTHAJI KI HAVELI, DR NO 182, 38TH CROSS, 5TH BLOCK, JAYANAGAR, BENGALURU-560041, have changed my name to MAAHI JAIPAL MEHTA for all purposes.

**I** named Anand.S or S.Anand, S/o J. Sisupalan, R/o # 82005, Nikoo Homes-1, Bhartiya City, Bangalore Karnataka 560064, have changed my name to Anand Sisupalan vide affidavit dtd 5th Mar 2025, sworn before notary D. Sarala Kumari Bangalore

**I,** ROJA, D/o Sreenivas, R/at No.95, Ground Floor, Reliable residenza Primecity, Dodda nagamangala, Electronics City, Bangalore-560100 have changed my name to ROJA S, vide affidavit dt: 06.03.2025 before notary B. Chitra, Bangalore.

**I,** Goutam Prakash Khariwal R/o No.248, 3rd main, Chamarajpet, Bengaluru 560018 have changed my name to Mohanlal Goutam Prakash Khariwal (M Goutam Prakash Khariwal) Affidavit Dt.06/03 /2025 notary Harisha G, B'luru

**I,** Raju Parappa Muragundi S/o Parappa Muragundi R/o #693 Dareshwara Nilaya 5th Block SMV Layout Ullal B'lore-560056 have changed my name to Raju

**I,** Sahil R/a 409, NCN Srivari, 6th B Cross, Hadosiddapura Road, Thomas Lyt Main Rd, Carmelaram, Chikkakannalli, Bengaluru-560035. Have changed to SAHIL BANGA. Afft Dt: 06.03.2025. Sworn Before Notary: Devaraju. E.

**I,** Hemalatha Bhabuthmal W/o Mohanlal Goutam Prakash Khariwal R/o No.248, 3rd main, Chamarajpet, Bengaluru 560018 have changed my name to Hemalatha Khariwal Affidavit Dt.06/03/2025 notary Harisha G, B'luru

**I** Kavitha Satish W/O, Satish.r R/o N0-151,nscb Road,doddathathaguni, Thalaghattapura, Bengaluru-560062 have changed my name to Kavitha Silnere Raghavendra Rao.

**I,** Komala Yogesh Naidu W/o Kishore Kumar R/o 90, 2nd Main Road, New KG Layout, Kathriguppe, BSK 3rd Stage, Bengaluru-560085 have changed my name to Komala Vellore Kishore for all purposes.

**I** , Sujatha Srinivasulu D/o K Honnurappa R/o #160 , Glass Factory Layout ,Ananth Nagar Phase 2,Huskur gate,Electronic city Phase 2 , Bangalore - 560100 have changed the name to Sujatha Honnurappa

**I,** Ajit G G s/o Ganapathi Gowda G M, R/o No-308, 3rd Floor DS-MAX Suncrest 7th Cross Tippasandra Doddakallasandra B'luru-560062 have changed my name to Ajith G G for all purposes.

**I,AMJATH** Mohideen R/O F-209, 2nd Floor, Sruthika Spring Fields, Singapura, Blr- 560097 changed my minor Son name from Azlan to Azlan Amjath all future purposes.

**I,** Amjath Mohideen R/O F-209, 2nd Floor, Sruthika Spring Fields , Singapura, Blr- 560097 changed my name from Amjath Moidheen to Amjath Mohideen all future purposes.

**I** Syed Arief B, S/o Syed babu, R/o Upparahalli (v) Kumbalahalli (p) Hoskote town Bengaluru Rural Dist 562114. have changed my name to Syed Arief

**I** Sujata Mallick D/O, Amiya Mallick R/o 10th Cross Anepalya, 153 Gajendra Nagar Neelsandra Banglore 30 have changed my name to Sujata Swain.

**I,** Chethana Kumar Dhanagooraiah R/o No.36&46, Flat.TF.5, Chunchaghatta Road, Konanakunte, B'luru 560062 have changed my name to Chethan Kumar Dhanagooraiah Affidavit Dt.05/03/2025 notary Harisha G, B'luru

**I,** Priya Parameshwaran W/o Conrad Saldanha, R/o. no.37, Vinay garden Doddagubbi post near Feenix car wash Bileshivale B'uru-560077, have changed my name to Priya Parameswaran, at Bengaluru.

**I,AMJATH** Mohideen R/O F-209, 2nd Floor, Sruthika Spring Fields, Singapura, Blr- 560097 changed my minor Daughter name from Ajmira to Ajmira Amjath all future purposes.

**I,** Shaker M R/o # 16 13th Main 4th Cross Hal 3rd Stage Kodihalli Bangalore 560008 have changed my minor son's name from Yoshik S Kshtriya to Avyaan Aarya S for all purposes.

**I,** Rajlaxmi Shetty D/o, Ashok Kumar Shetty R/o K001, Topaz, Sankalp Square, Devinagar Main Road, Rmv 2nd Stage, Bengaluru-560094 have changed my name to Rajalaxmi Ashok Shetty for all purposes.

### LOST & FOUND

#### DOCUMENT LOST

This is to inform the General Public that **Mrs. Hajera Khan** W/o M.D. Rafiulla Khan is the absolute Owner of Site No. 3 Khata No. 4/5, 4 and 5/1-3 Situated at Kempapura Village. Yelahanka Hobli, Bangalore North Taluk. Measuring East to West 20 ft North to South 30 ft and bounded on East by: Site No.2, West by: Site No. 4 North by: Narayanappa's Property South by: Road, while making Xerox in Sahakar Nagar area have lost my Original General Power of Attorney formed owner Mrs. Shameena Khan vide registered bearing No. 331/96-97 dated 31-07-1996 registered in the Office of Sub-Registrar Gandinagar (Yelahanka) Bangalore. Registered an FIR No. 150749/2025 dated on **5-3-2025.**

**If anyone finds the document please contact to the below number**

**98452 16175 and**

**Name Mr. M.D. Rafiulla Khan**

**No. 2579, HR, House, 7th Cross, 13th Main, 'E' Block, Sahakar Nagar, Bangalore-92**

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**HEALTH TIP:** Dandruff is a result of a dry scalp which is why we seem to suffer from it more during the dry winter months than in summer

Coconut oil has hydrating and nourishing properties so you can use it regularly to combat dandruff

BangaloreMirror | 9
Friday, March 7, 2025
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# READ THE BODY

## How our bodies react when we use social media – and when we stop

The typical adult in the UK spends nearly two hours on social media per day. And for younger users, this can easily be up to five hours. The likes of Instagram or TikTok seem to draw us into their ever-changing feeds and it's difficult to tear ourselves away from these platforms.

Now our latest study shows that even our body reflects a state of being glued to the screen when we are on social media. We asked 54 young adults to browse their Instagram on their phone for 15 minutes as they would normally do in their daily life.

However, in our study we had attached electrodes to their chest and fingers that allowed us to record their heart rate and "skin conductance", which is an indicator of sweating.

Psychologists can use these physiological markers to infer subtle mental states and emotions. We also added a control condition where our participants read a news article on their phone, just before they logged onto Instagram.

What we found was that, relative to the news reading condition, scrolling away on Instagram led to a marked slowing of participants' heart rate while, at the same time, increasing their sweating response.

From other research we know that such a pattern of bodily responses shows that someone's attention is fully absorbed by a highly significant or emotional stimulus in their environment – it's a state of simultaneous excitement and deep immersion into something very meaningful to us.

Importantly, from the control condition we knew that it was not just being on the phone or reading that caused this bodily response. So there seems to be something special about social media that can easily engross us.

The most intriguing effect in our study happened when we interrupted participants at the end of their Instagram stint and asked them to go back to reading another news article. Rather than snapping out of the excitement and returning to a calmer state, participants' sweating response increased further, while heart rate also increased rather than slowed down further.

### Is it addiction?

What was going on? What helped us interpret these effects were participants' ratings of their emotions. We collected these before their social media bout and at the time we asked them to log off.

Participants reported being stressed and anxious when they had to disconnect from their feed. They even reported having social media cravings at that moment.

So it looked like the physiological response that we observed when participants had to log off reflected another form of arousal – but this time it was more negative and stress-related.

Such bodily and psychological stress responses also occur when people with a substance addiction go through withdrawal during abstinence or after quitting "cold turkey". So were these signs that we observed "withdrawal" from Instagram?

The answer to this question is not straightforward. However, our study may give us some clues. After the experiment, we asked all participants to fill in a questionnaire assessing symptoms of "social media addiction".

While this concept is controversial and currently not recognised as a mental health disorder, the questionnaire told us something about how social media use can negatively affect someone's daily life. This can even include their work or school results, or lead to conflict with their partners.

Notably, we did not see any heart rate and sweating differences between participants who scored high or low on these addiction measures. That means, that all our participants showed a pattern of excited immersion during use and stress-related arousal when use was interrupted.

We don't think that this finding means that we are all addicted to social media though. Instead, we believe that social media offers very powerful rewards. And some of its features may indeed have an addictive dimension, such as the personalised short-video streams that trap us in an endless loop of entertaining content.

Critically however, our previous study shows that it is primarily the social aspect of social media that drives most people to use it so intensively. This also means that – in contrast to drugs – social media taps into basic human needs: we all want to belong and to be liked.

So if we recognise the existence of "social media addiction", we might also need to recognise a "friendship addiction". We should therefore exert caution with the term addiction in the context of social media – the risk is that normal behaviour could become "pathologised" and lead to stigma.

And, as our previous research indicates, we may be just fine abstaining or cutting down from social media for a while without experiencing dramatic changes to our wellbeing (either positive or negative). The reason for this is that in contrast to drugs, we can satisfy our needs through other means – for instance, by talking to people.

*(By Niklas Ihssen, Durham University The Conversation)*

MIRRORLIGHTS

## Human body's protein recycling system fights bacteria like antibiotics: Study

Israeli researchers have discovered a surprising immune defense role of the proteasome, a cellular structure known for degrading and recycling proteins.

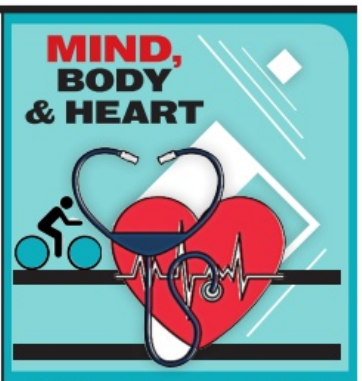
The study, published in Nature, could inspire new strategies against antibiotic-resistant infections, Xinhua news agency reported. The study, led by the team from Weizmann Institute of Science (WIS), found that when breaking down old proteins, the proteasome constantly and regularly releases antimicrobial peptides, Xinhua news agency reported.

These antimicrobial peptides are considered vital components of the body's first line of defense as they attack and kill bacteria.

Experiments showed that human cells with active proteasomes effectively controlled bacterial growth, while blocking proteasome activity allowed infections to spread, WIS said.

In infected mice, proteasome-produced peptides reduced bacteria numbers, decreased tissue damage, and even improved survival rates, performing as effectively as strong antibiotics in clinical use. The team identified over 270,000 potential antibacterial peptides hidden within 92 per cent of human proteins.

"This peptide database opens a new frontier for developing personalized treatments against infections and other medical conditions," said Prof. Yifat Merbl's lab at WIS. —IANS




## All you need to know about...

*Parkinson's disease*

**Disease burden**
More than 2.5 crore people in the world could be living with Parkinson's disease by 2050, largely driven by an ageing population, according to a study.

**112% rise from 2021**
Researchers, including those from the Capital Medical University, China, said the projected numbers are a 112 per cent increase from cases in 2021.
Further, cases of the neurological disorder from South Asia are predicted to be the second highest at 68 lakh, following East Asia (over 1 crore), the findings, published in The British Medical Journal, suggested.
The researchers said the estimates could "serve as an aid in promoting health research, informing policy decisions and allocating resources".

**What is Parkinson's**
Parkinson's disease is a neurodegenerative disorder in which one's movements and balance are steadily affected. The condition can also cause problems with speech, memory and behaviour. Symptoms include tremors in parts of the body and muscle stiffness.
The researchers analysed data from the Global Burden of Disease Study 2021 to estimate prevalence of Parkinson's disease during 2022-2050 across 195 countries and territories and factors driving cases of the disease.

**Main factory driving rise**
Population ageing is predicted to be the main factor driving nearly 90 per cent of the projected cases, they said.

**Road ahead**
They also projected that increasing physical activity could reduce the future number of Parkinson's disease cases. The results point to an urgent need for "future research to focus on the development of novel drugs, gene engineering techniques, and cell replacement therapies that are aimed at modifying the course of the disease and improving patients' quality of life," the authors said. PTI

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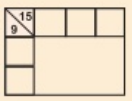
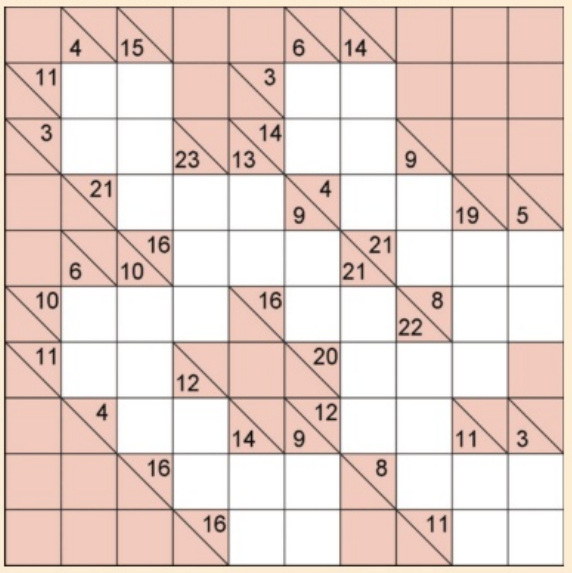
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

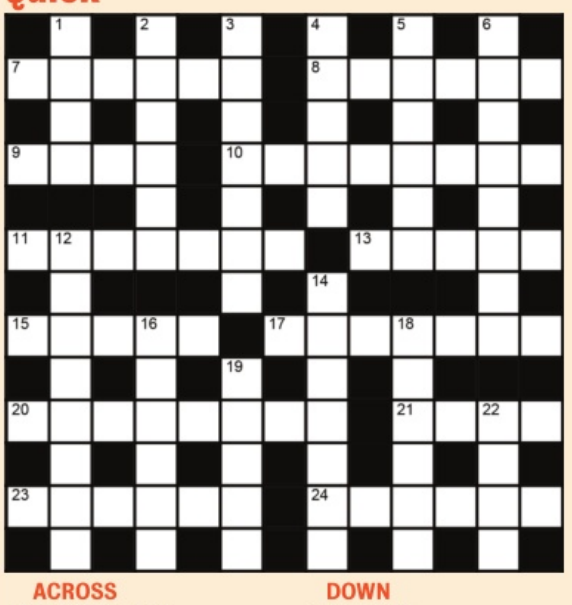



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Environment or surroundings (6)
8 Small crustacean (6)
9 Turkish title (4)
10 Torments maliciously (8)
11 Culinary art (7)
13 Ruses, tricks or gimmicks (5)
15 Stationary (5)
17 Dinner course (7)
20 Good enough (8)
21 English exclamation (1,3)
23 Permits (6)
24 Be innate (6)

**DOWN**

1 Rat on (4)
2 Examinations at the end of an academic term (6)
3 ___ Garden: Boating Park on Nagwara lake (7)
4 Stage whisper (5)
5 Cringe (6)
6 Job provider (8)
12 Messily, scruffily or slovenly (8)
14 Some Arabs (7)
16 Alcoholic beverage (6)
18 Aspersion (6)
19 Analyse a sentence (5)
22 Crooked (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: M EQUALS Y**

PEHTYVK NQ GXK YTG EJ FKNBV GXK EBWM EBK AXE CBEAQ MEH'TK QPYTKZ GE ZKYGX.

## Linemaro

You are breathtaking

## Mindchow

A word of encouragement during a failure is worth more than an hour of praise after success

## Joke of the day

Einstein: The chicken did not cross the road. The road passed beneath the chicken. Newton: Chickens at rest tend to stay at rest. Chickens in motion tend to cross roads

## Loop

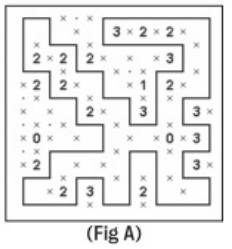
**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

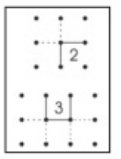
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

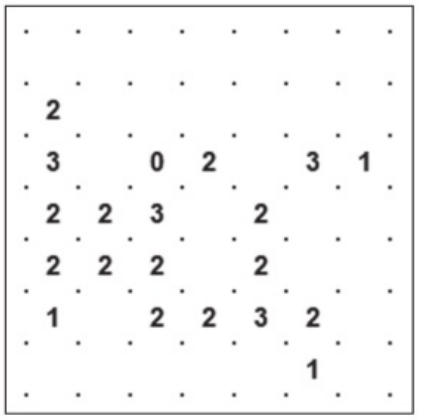
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



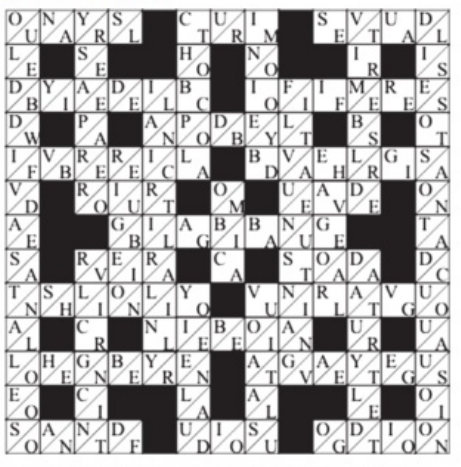
(Fig A)



(Fig B) Not Allowed



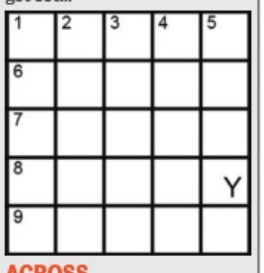
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

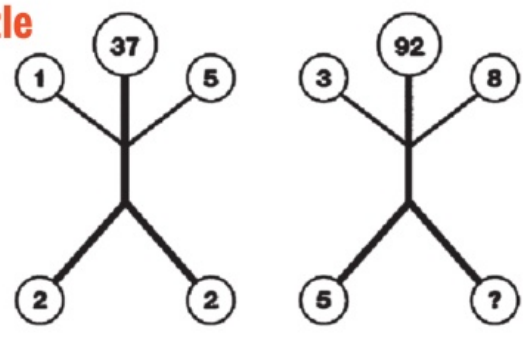
1 Rates; 6 He Boa; 7 Pagan; 8 I licy; 9 Acnes

**DOWN**

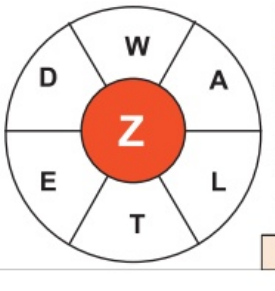
1 Optic; 2 Caaba; 3 Inner; 4 A glee; 5 As shy

## Mensapuzzle

Which number needs to be added to complete the puzzle?




## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

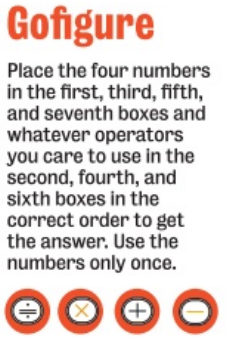
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | | 6 | | | |
| 3 | | 9 | 1 | | | 2 | 4 | 6 |
| | | | 4 | | | 3 | | |
| | | 3 | 2 | | | | 7 | 9 |
| | | | 3 | | 4 | | | |
| 4 | 5 | | | | 9 | 6 | | |
| | | 4 | | | 7 | | | |
| 9 | 6 | 8 | | | 1 | 7 | | 2 |
| | | | 8 | | | 5 | | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 7
2 4 6 7

Medium = 15
4 8 8 9

Hard = 16
2 7 7 8

## Hocusfocus

Find at least six differences in details between panels.

**Differences:** 1. Lapel is missing. 2. Tie is different. 3. Drawer is added. 4. Hat is different. 5. Woman's head is tilted up. 6. Man's sleeve is longer.

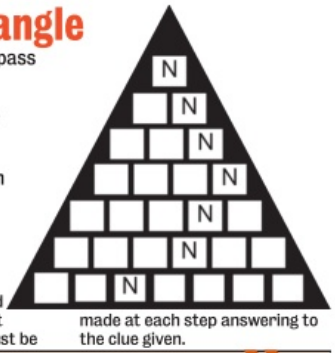
## Riddler

I have given you a starting word (a clue). Your job is to fill in the blanks with a 4-letter word that matches the clue already given. This 4-letter word must complete the 7-letter word next to it.

1. Therefore = ? = V_ _ TI _ _
2. Whirl = ? = A _ _ IR _ _

## Alpha triangle

1 North on the compass
2 A's alternative
3 Skedaddled
4 Be a breadwinner
5 Hoisting machine
6 Hypnotic state
7 Mythical half-man half-horse




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Popeye

OH, HORROR! OH, DISASTER! OH, WHAT DEVASTATING NEWS!
WE ARE POOR!
TSK! TSK!
YA SHOULDN'T ORTA BE SO SELFISH! THINK OF YER FATHER!
WHAT AN UNKIND ASSUMPTION, KIND, FRIENDLY SAILOR GENTLEMAN! MY WAILING AND BEMOANING WAS FOR MY POOR DESTITUTE PATER!!
SOB!
SNIFF!
WOE!
OH, WOE!
BLOW ME DOWN!?! 'AT'S NICE!

## Bizarrotrip

## Diamond Lil

## Hart of the city

THERESA! THERE YOU ARE, GIRL. WHERE HAVE YOU BEEN?
WHERE HAVE YOU BEEN? IT'S BEEN, LIKE, FIVE DAYS, AND SHE'S BEEN WITH US THE WHOLE TIME!
WATCH YOUR TONE, CHARLOTTE.
BUT I'M RIGHT...

## Crankshaft

SO THIS YOUNG GUY THEY'RE TALKING ABOUT IS GOING TO BE THE COACH FOR ENORMOUS MIDWEST UNIVERSITY NEXT YEAR?
YEP...
HE'S THE NEW KID ON THE CHOPPING BLOCK.

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you may successfully implement business plans with the support of your subordinates. Social or family gatherings could help expand your network. Short business-related travels may be on the horizon, bringing benefits in the near future.

**Taurus** Apr 21 – May 20
Your financial health looks promising today. You may see gains from past investments and gain better control over unnecessary spending, boosting your savings. Lovebirds should communicate politely with their partners to avoid conflicts.

**Gemini** May 21 – Jun 21
You may be busy with matters related to siblings and relatives. A new business venture with the help of your network or family could be on the cards. An important order may come through, leading to growth in the family business. Smart efforts will likely bring profitable gains.

**Cancer** Jun 22 – July 23
Lack of sleep may leave you feeling dull and unmotivated today. It's best to postpone major investments for now. Be cautious of hidden rivals or conspiracies at work. Lovebirds should practice patience to avoid unnecessary arguments.

**Leo** Jul 24 – Aug 23
The Moon's blessings may bring a big business order through overseas connections. Moments of anxiety may arise, but you'll manage to stay in control. Students are encouraged to study in depth, while investors should consider long-term investments for future benefits.

**Virgo** Aug 24 – Sep 23
A busy workday may bring some challenges, making you feel overwhelmed. However, the blessings of elders and mentors will help you navigate difficulties. Due to work pressure, you may not have much time for family, but your siblings will provide support in maintaining harmony at home.

**Libra** Sep 24 – Oct 22
Difficulties from the past few days may now be under control. You'll feel calm and focused on your goals, enjoying your work. Disputes in partnerships or legal matters related to property may be resolved. You may also experience some romantic moments with your loved one.

**Scorpio** Oct 23 – Nov 22
Today may bring negative thoughts and impatience. Arrogance could hold you back from making important decisions, and you might feel stuck. Seeking the blessings of elders may help you find clarity. Avoid investing in unproductive assets, and lovebirds should steer clear of unnecessary arguments.

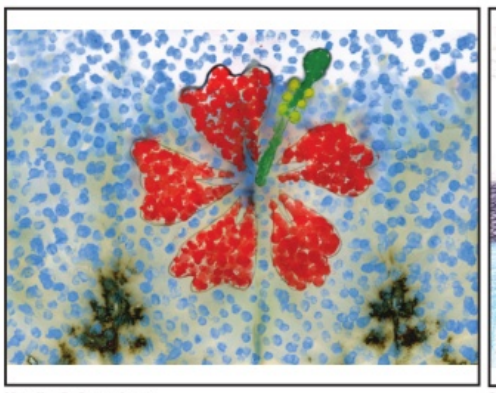
**Sagittarius** Nov 23 – Dec 22
With the Moon's blessings, good news in work or business may uplift your spirits. Domestic life will be joyful, but avoid unnecessary arguments. Overexcitement may test your patience. Important decisions regarding investments in assets may be made today. Students should remain focused on their studies.

**Capricorn** Dec 23 – Jan 20
A good day for work, as you may perform well and even gain additional responsibilities leading to a possible promotion. Rivals and opponents are under control. You may consider lending money for investments and planning for your children's future.

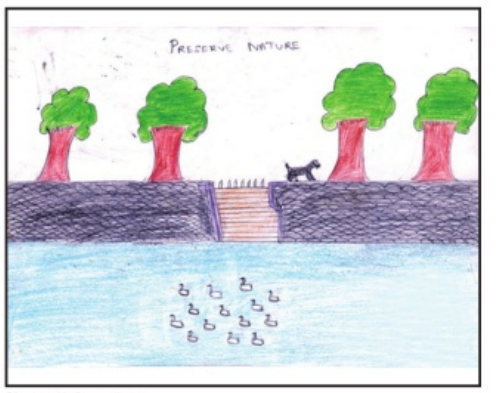
**Aquarius** Jan 21 – Feb 19
You may feel dull and unmotivated today, leading to laziness and lack of focus at work. Impatience could negatively affect you. Concerns about your children's or spouse's health may add stress. Avoid making investments, and lovebirds should steer clear of family-related arguments.

**Pisces** Feb 20 – Mar 20
You may sense negativity around you, which could make you feel unhappy. Avoid investing in unproductive assets. Friends may not be as supportive today, so don't rely too much on their help. Trusting your intuition will be key when making important decisions.

## KIDZONE



Mugdha R, Bengaluru




Shreya K, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**
3/4 x 16/3 - 6 =
1/1 x 4/1 - 6 =
4/1 - 6 =
(4 - 6)/1 =
- 2/1 = -2

**QUOTE UNCODE**
Courage is the art of being the only one who knows you're scared to death.

**BULL'S EYE**
adze, daze, laze, lazed, waltz, WALTZED, zeal

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| T | A | R | E | S |
| O | B | E | A | H |
| P | A | N | G | A |
| I | C | I | L | Y |
| C | A | N | E | S |

**STRIKE OUT**

| | | | | | | |
|---|---|---|---|---|---|---|
| O | A | R | S | C | U | M |
| L | E | O | O | R | I | |
| D | Y | A | D | I | C | O |
| W | P | N | O | B | E | L |
| I | B | E | R | I | A | |
| V | R | U | T | M | U | A |
| E | B | I | G | B | A | N |
| S | V | I | A | A | T | A |
| T | H | I | N | L | Y | V |
| A | R | L | I | E | I | N |
| S | A | N | D | D | O | S |

**QUICK**

| | | | | | | |
|---|---|---|---|---|---|---|
| M | I | L | I | E | U | |
| A | G | H | A | B | E | D |
| N | N | M | I | O | P | |
| A | L | L | O | W | S | I |
| I | U | R | N | G | W | |
| A | D | E | O | U | A | T |
| I | I | P | M | L | | |
| S | T | I | L | L | D | E |
| C | U | I | S | I | N | E |
| A | G | H | A | B | E | D |
| N | N | M | I | O | P | |
| M | I | L | I | E | U | S |
| Y | R | E | S | T | Y | |

**MENSA PUZZLE**
4. In each diagram, read the upper and lower pairs of numbers as 2 digit values and add these together to give the result written at the top.

**RIDDLER**
1. Therefore = ergo = Verr Tigo & 2. Whirl = spin = A s p I R I n

**SUDOKU**

| | | | | | | |
|---|---|---|---|---|---|---|
| 2 | 4 | 1 | 9 | 3 | 6 | 8 | 5 | 7 |
| 6 | 8 | 5 | 4 | 7 | 2 | 3 | 9 | 1 |
| 3 | 7 | 9 | 1 | 5 | 8 | 2 | 4 | 6 |
| 8 | 1 | 3 | 2 | 6 | 5 | 4 | 7 | 9 |
| 7 | 9 | 6 | 5 | 4 | 1 | 2 | 5 | 8 |
| 4 | 5 | 2 | 7 | 1 | 9 | 6 | 8 | 3 |
| 5 | 3 | 4 | 6 | 2 | 7 | 9 | 1 | 8 |
| 9 | 6 | 8 | 5 | 4 | 1 | 7 | 3 | 2 |
| 1 | 2 | 7 | 8 | 9 | 3 | 6 | 5 | 4 |

**ALPHA TRIANGLE**
N, An, Ran, Earn, Crane, Trance, Gentaur.

**LOOP**

**GO FIGURE**
Easy
4 + 7 + 2 - 6 = 7
8 x 4 - 8 - 9 = 15
Medium
2 x 8 x 7 / 7 = 16
Hard

**KAKURO**

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**# Queer love story**
Actor-producer Shweta Tripathi on Thursday announced her maiden home-production film, which will be a women-led queer love story

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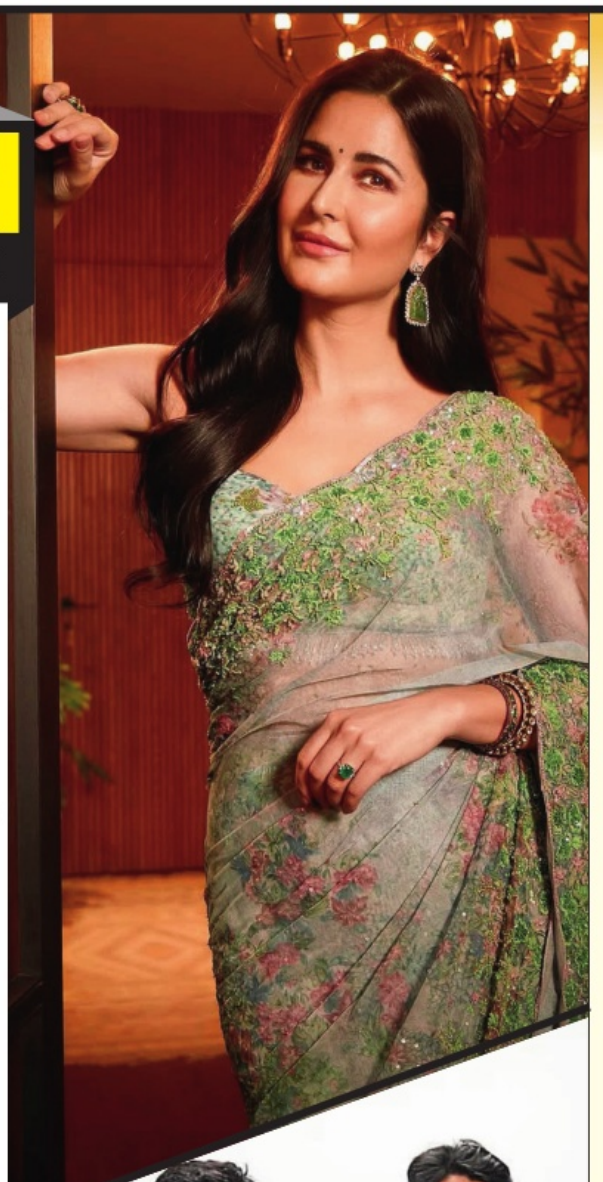
# BASKING IN IN THE SUN

## Katrina says tan looks good on every woman



Bollywood star Katrina Kaif, known for her elegance and charm, recently revealed which of her on-screen characters she believes is the closest to beauty. While many might expect her to choose a glamorous or high-fashion role, Katrina surprised fans by picking Laila from 'Zindagi Na Milegi Dobara'.

In an interview with Vogue India, Katrina explained her choice, saying, "I think every woman looks so good with a tan, and while we were shooting in Spain, my skin was a lovely bronze from the sun." The actress believes that a sun-kissed glow enhances natural beauty, making Laila her most radiant on-screen persona.

Beyond her film roles, Katrina has also embraced the world of business with her beauty brand. She noted that her experience as an actor has helped shape her approach as an entrepreneur. Just like in acting, where listening and collaboration are key, she applies the same principles in business, ensuring that she remains open to ideas and feedback.

Recently, Katrina also made headlines with her appearance at a Haldi ceremony on March 5, 2025. The actress, accompanied by her husband Vicky Kaushal, his brother Sunny Kaushal, actress Sharvari Wagh, and director Kabir Khan, attended the pre-wedding celebrations of her close friend. She stole the show in a stunning turquoise blue corset blouse, paired with a matching skirt and dupatta. Her impromptu dance performance to Genda Phool from Delhi 6 added to the excitement, with guests cheering her on.

On the professional front, Katrina was last seen in Sriram Raghavan's thriller 'Merry Christmas', where she starred alongside Vijay Sethupathi. Even though the movie didn't make much at the box office, 'Merry Christmas ' received good reviews from the audiences.

—ETimes

# DON'T WHILE YOUR YOUTH AWAY

**INTERVAL**
3.0 RATING ★★★☆☆
- **DIRECTOR** Bharath Varsha
- **ACTORS** Shashi Raj, Prajwal Kumar, Sukesh, Sahana Aaradhya, Charitha Rao, Ranganath Shivamogga
- **CERTIFICATION** U/A
- **Duration** 142 minutes

The movie Interval conveys a message to the youth, especially those who want to spend their time smoking and drinking rather than on focusing on academics. It also highlights the problems of average students, especially those joining engineering colleges without having a command on the subject.

Bharath Varsha, who debuts in Sandalwood as a director with this movie, deserves a pat on the back for handling the megaphone with aplomb. The way he made the cast to follow the script and his ability in ensuring equal screen space are commendable. Sukesh has succeeded in selecting an apt script for this movie. Though some dialogues are too strong, most others are meaningful and some also tickle the audiences' funny bone.

Vikash Vasishta provides lilting music and songs are good.

The movie is about three irresponsible youths – Ganesh S (Shashi Raj), Ganesh U (Prajwal Kumar Gowda), and Ganesh T (Sukesh) – who join an engineering college to pursue mechanical engineering and also use the same bike. After graduating, they face lot of problems. They come to Bengaluru for livelihood and meet different people. They realise the value of money and realise who their friends are. They decide to return to their hometown. What happens to them is what Interval is all about.

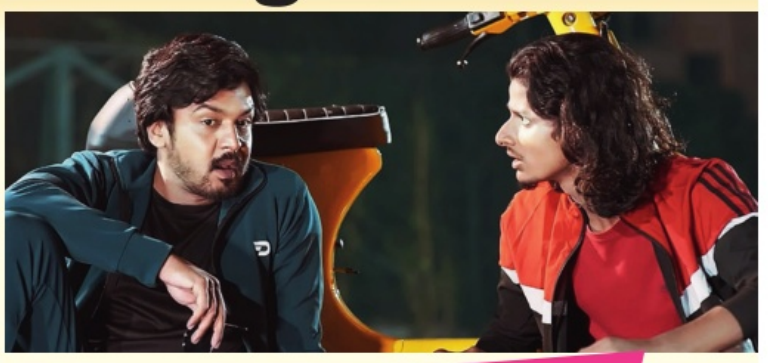
As far as performances of actors are concerned, Shashi Raj, Prajwal Kumar Gowda, and Sukesh have acted well. Their dialogue delivery and body language are good. Charithra Rao, as Sihi, looks beautiful. Sahana Aaradhya, as Nisha, has acted well. Ranganath Shivamogga and Danam Shivamogga provide good support.

The director could have reduced the runtime by 10 to 15 minutes to make it more entertaining.

The movie is worth a watch for all audiences.

— Y Maheswara Reddy

# Weaving a dark web



**KAPATI**
3.0 RATING ★★★☆☆
- **DIRECTOR** Ravikiran D & Chethan SP
- **ACTORS** Sukrutha Wagle, Dev Devaiah, Sathvik Krishnan, Shankar Narayan, Pavan Venugopal
- **CERTIFICATION** U/A
- **Duration** 112 minutes

Director duo Ravikiran D and Chethan SP, who are basically software engineers, make their debut as directors in Sandalwood with this movie. And it is an impressive debut, as the movie manages to keep the audiences keep guessing. The climax is the highlight of the movie and the credit must go to the cast for their sterling performances and also the music director for the background score.

The surprise package of Kapati is Sathvik Krishnan, who plays Chakri, one of the two hackers on the darknet. He also debuts as an actor in Sandalwood with this movie. He walks away with all honours for his sterling performance. He played a ruthless hacker who is ready to go to any extent for money. His dancing skills too are commendable.

The movie is about Priya (Sukrutha Wagle), a costume designer, who is in depression as her brother Amith is bedridden. Meanwhile, two darknet hackers – Suman (Dev Devaiah) and Chakri (Sathvik Krishnan) – enter Priya's house to amass wealth. While Suman wants not to trouble Priya and her father and brother, Chakri decides to eliminate Priya's family members. You have to watch Kapati to know what happens to Priya and Chakri.

As far as the performances of the actors are concerned, Jatta fame Sukrutha Wagle, as a concerned sister, is convincing. Her dialogues and gestures are good. Dev Devaiah has acted well.

Music director Johan Shevanesh has done an excellent job. Cinematographer Sathish Rajendran too has done good work.

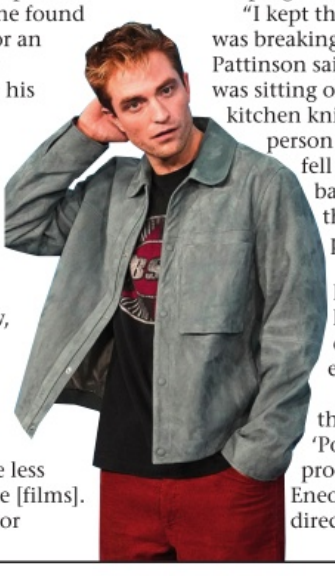
It is worth a watch for those who enjoy psychological thrillers and movies that explore new themes such as the darknet.

—Y Maheswara Reddy

# Horror of horrors

Actor Robert Pattinson recently confessed that he has become too sensitive to watch horror movies, citing a recent experience that left him sleeping with knives out of fear. The actor, who is set to produce a remake of the iconic horror movie 'Possession,' revealed in an interview that he was required to watch a horror movie before meeting with a director for a new project.

However, the experience left him shaken, and he found himself waiting for an intruder with two kitchen knives on his sofa, according to Variety. "I used to watch a lot of dark stuff when I was younger and think 'yeah, this is cool'," Pattinson said, adding, "And now, I'm too sensitive. It's strange, you'd think it would go the other way round. As you get older, you become less frightened of these [films]. I can't watch horror movies anymore," according to Variety. Pattinson's director, Bong Joon Ho, speculated that the actor's newfound sensitivity to horror movies might be due to his recent fatherhood. However, Pattinson dismissed this theory, stating that his fear of horror movies "happened before that, though."



The actor's experience has left him hesitant to watch horror movies, and he has even resorted to sleeping with knives out of fear.

"I kept thinking that someone was breaking into my house," Pattinson said, adding, "And so I was sitting on my sofa with two kitchen knives waiting for the person to come in. And then I fell asleep with them basically in my neck on the couch. It was probably a squirrel."

However, Pattinson's fear of horror movies has not deterred him from exploring the genre. He is set to produce the remake of 'Possession' through his production banner, Icki Eneo Arlo, with Parker Finn directing.

— ANI